

# PHYSICAL EDUCATION

**Departmental Office:** 336 Dodge Physical Fitness Center; 212-854-3439; [perec.columbia.edu](mailto:perec.columbia.edu)

**Director of Undergraduate Studies:** Director of Physical Education and Recreation, Jeffrey Ryder, 332 Dodge Physical Fitness Center; [jr3786@columbia.edu](mailto:jr3786@columbia.edu); 212-854-4001

**Departmental Administrative contact:** 212-854-3439

The Physical Education Department offers a variety of activities in the areas of aquatics, fitness, martial arts, individual/ dual sports, team sports, and outdoor education. Most of the activities are designed for the beginner level. Intermediate/ advanced courses are offered at selected times. All courses are designed to develop and/or improve skills and knowledge, increase physical activity, and promote well-being. Courses aim to promote holistic, sustainable opportunities to engage with physical activity and physical well-being concepts. A major goal is to provide a positive, enjoyable experience for students, leading to the development of an active, healthy lifestyle.

The majority of the courses are offered in ten time preferences. However, there are early morning conditioning activities, Friday-only classes at Baker Athletics Complex, and special courses that utilize off-campus facilities during weekends. A description of the scheduled activities for each time preference is included in the Department of Physical Education [website](#).

A list of the activities for the term is included in the *Directory of Classes* and on the website. Students may select physical education courses during online registration. Students may register for only one section of Physical Education each term.

## Physical Education Requirement

Successful completion of two Physical Education courses is a Columbia College requirement that students are advised to complete by the end of the first year. Students may elect to take one or two additional terms of Physical Education Activities for credit. Students receive 1 point of academic credit for each completed term of physical education for a possible total of 4 points.

For more information on this requirement, please visit the *Core Curriculum* –Physical Education Requirement section of the bulletin.

## Medical Conditions

Students who request to have their Physical Education activities limited or waived because of a medical condition should contact the Director of Undergraduate Studies for Physical Education. In some situations, students may require an evaluation by a clinician at Health Services at Columbia in order to receive a waiver. In consultation with the Director of Physical Education, students may be instructed to contact Dr. Melanie Bernitz, Medical Director of Columbia Health Programs, who facilitates these evaluations.

## Grading

The grading in all physical education courses is Pass/Fail. Students who fulfill the attendance and participation requirement receive a Pass. Those who miss more than the permissible number of classes and who do not drop the course by the official drop deadline receive a W (Withdrawal). Those who anticipate attendance problems should contact

their instructors or the Director of Undergraduate Studies for Physical Education.

## Swim Test

All students are also required to pass a swimming test or take beginning swimming for one term to fulfill the swimming requirement. A waiver of the swimming test requirement may be granted if a student has a disability certified by a medical authority that precludes swimming. Students may also request waivers and accommodations on the grounds of religious observance or gender identity/expression. All requests for waivers and accommodations are reviewed by the director of physical education.

## Locker and Towel Service

Students have access to a lock/towel service and, with the exception of tennis, equipment for the activities is supplied by the Physical Education Department.

## Intercollegiate Athletics

Students who are participating on an intercollegiate team should register for the appropriate team section of PHED UN1005 Intercollegiate Athletics. Intercollegiate athletes are responsible for taking the swimming test. Student athletes who cannot pass the test should take beginning swimming at the first possible opportunity.

Student athletes who register correctly and participate on a team receive a Pass; those who drop off a team in midterm and still wish to receive academic credit must notify the Physical Education Office and be placed in an activity to complete the attendance requirement. Otherwise, the student must officially drop *Intercollegiate Athletics* or they receive a mark of W (Withdrawal).

## Director of Physical Education Programs

Jeffrey Ryder

## Associates

Cemi Abreu  
Julia Anderson  
Michael Aufrichtig  
Caroline Blum  
James Bolster  
Rich Bonfiglio  
Christie Bonn  
Victoria Borja  
Michael Burr  
Amber Cannady  
Diana Caskey  
Jesse Chapman  
Brian Chenoweth  
Demerae Christianson  
Nathaniel Clark  
Simon Cleary  
Tyler Cordell  
Theodore Cowling  
Jared Czech  
Aphrodite Daphnis  
Derek Davis  
Scott Donie  
Lauren Dudziak  
Samantha Fahey

Alex Fatovic  
 Aliza Feuerstein  
 Wilfred Frederic  
 Jumpei Harada  
 Jessica Harrington  
 Matt Herhal  
 Andrew Hess  
 Juli Jimenez  
 Brian Jines  
 Lauren Kahn  
 Amphone Keovongmanysar  
 Anastasia Kirtiklis  
 Beth Krysiak/li>  
 Andrew Laiosa  
 Gustavo Leal  
 SeoungWoo Lee  
 Peggy Levine  
 Robert Lieblein  
 Frank Lisante  
 Janiel Mason  
 Kyle Massey  
 James McDermott  
 Tarah McShane  
 Gaurav Misra  
 Richard Mueller  
 Sara Negrette  
 A.J. Nelson  
 Caroline Nelson-Nichols  
 Joseph Nord  
 Joshua Osit  
 Pepper Pavlish  
 Sarah Perron  
 Ken Pollard  
 Olivia Raxter  
 Arielle Robinson  
 Daniel Rosenblum  
 Greg Rosnick  
 Chris Sachvie  
 Tamara Sagadore  
 Allison Salter  
 Joanne Schickerling  
 Marlon Sears  
 Anne Marie Skylis  
 Maraya Slatter  
 Jen Spicer  
 Marquise Stancil  
 Erik Supplee  
 Dan Tischler  
 Cassie Vondrak  
 Samantha Warren  
 Amy Weeks  
 Elizabeth Young

### PHED UN1001 Physical Education Activities. 1 point.

PHED UN1001 classes are offered in a variety of activities in the areas of aquatics, fitness, martial arts, individual/dual sports, team sports, and outdoor education. Emphasis is placed on the basic skills and techniques, strategies, and elements of each activity. There are risks and dangers in participating. Injury resulting from participation is a possibility. Please carefully follow the guidelines and rules provided by the instructor.

The times listed in the online Directory of Classes are the actual class times for each time preference. Students should allow additional time for showering, dressing, equipment exchange, and travel to next class. A description of the scheduled activities for each time preference is posted on the department website, [percc.columbia.edu](http://percc.columbia.edu).

#### Spring 2021: PHED UN1001

Course Number	Section/Call Number	Times/Location	Instructor	Points	Enrollment
PHED 1001	002/13325	W 9:00am - 9:50am Online Only	Belgica Ramirez, Anne Skylis, Erik Supplee	1	26/28
PHED 1001	003/20209	W 9:00am - 9:50am Online Only	Belgica Ramirez, Anne Skylis, Tarah McShane	1	24/23
PHED 1001	004/20507	M 10:00am - 10:50am Online Only	Belgica Ramirez, Anne Skylis, Sara Negrette	1	20/15
PHED 1001	005/16252	M W 9:00am - 9:50am Online Only	Belgica Ramirez, Anne Skylis, Pepper Pavlish	1	24/23
PHED 1001	006/16171	W 10:00am - 10:50am Room TBA	Belgica Ramirez, Anne Skylis, Joshua Osit	1	23/24
PHED 1001	007/19911	W 10:00am - 10:50am Online Only	Belgica Ramirez, Anne Skylis, Gustavo Leal	1	20/25
PHED 1001	008/11491	W 10:00am - 10:50am Online Only	Belgica Ramirez, Anne Skylis, Theodore Cowling	1	22/24
PHED 1001	009/20156	W 11:00am - 11:50am Online Only	Belgica Ramirez, Anne Skylis, Kenneth Pollard	1	22/23
PHED 1001	012/16172	M W 11:00am - 11:50am Online Only	Belgica Ramirez, Anne Skylis, Janeil Mason	1	30/31
PHED 1001	014/13324	W 11:00am - 11:50am Online Only	Belgica Ramirez, Julie Anderson, Anne Skylis	1	17/20
PHED 1001	015/11530	M W 11:00am - 11:50am Online Only	Belgica Ramirez, Anne Skylis, Andrew Hess	1	19/24
PHED 1001	016/16175	W 11:00am - 11:50am Online Only	Belgica Ramirez, Anne Skylis, Allison Salter	1	18/24
PHED 1001	017/16173	M W 12:10pm - 1:00pm Online Only	Belgica Ramirez, Anne Skylis, Michael Aufrichtig, SeoungWoo Lee	1	21/23
PHED 1001	018/12450	M 1:10pm - 2:00pm Online Only	Belgica Ramirez, Anne Skylis, Daniel Rosenblum	1	23/25

**PHED UN1002 Physical Education Activities. 1 point.**

PHED UN1002 classes are offered in a variety of activities in the areas of aquatics, fitness, martial arts, individual/dual sports, team sports, and outdoor education. Emphasis is placed on the basic skills and techniques, strategies, and elements of each activity. There are risks and dangers in participating. Injury resulting from participation is a possibility. Please carefully follow the guidelines and rules provided by the instructor.

The times listed in the online Directory of Classes are the actual class times for each time preference. Students should allow additional time for showering, dressing, equipment exchange, and travel to next class. A description of the scheduled activities for each time preference is posted on the department website, [perec.columbia.edu](http://perec.columbia.edu).

**PHED UN1005 Intercollegiate Athletics. 1 point.**

Archery, Men's/Women's Golf, Baseball, Women's Lacrosse, Women's Basketball, Women's Soccer, Men's Basketball, Men's Soccer, Women's Rowing, Women's Softball, Men's Freshman Light Row, Women's Swimming, Men's Freshman Heavy Row, Men's Swimming, Men's Varsity Light Row, Women's Tennis, Men's Varsity Heavy Row, Men's Tennis, Women's Fencing, Women's Track, Men's Fencing, Men's Track, Women's Field Hockey, Women's Volleyball, Football, Wrestling, Women's Squash, and Men's Squash.

Spring 2021: PHED UN1005					
Course Number	Section/Call Number	Times/Location	Instructor	Points	Enrollment
PHED 1005	001/16253		Belgica Ramirez, Anne Skylis, Derek Davis, Jeffrey Ryder	1	6/20
PHED 1005	002/16254		Belgica Ramirez, Brett Boretti, Anne Skylis, Jeffrey Ryder	1	13/40
PHED 1005	003/16255		Belgica Ramirez, Megan Griffith, Anne Skylis, Jeffrey Ryder	1	2/35
PHED 1005	005/16256		Belgica Ramirez, James Engles, Anne Skylis, Jeffrey Ryder	1	4/35
PHED 1005	006/16257		Belgica Ramirez, Anne Skylis, Emerson Curry, Jeffrey Ryder	1	7/60
PHED 1005	007/16258		Belgica Ramirez, Anne Skylis, Nicholas Parker, Jeffrey Ryder	1	0/60
PHED 1005	008/16259		Belgica Ramirez, Anne Skylis, Scott Alwin, Jeffrey Ryder	1	0/60
PHED 1005	010/16260		Belgica Ramirez, Anne Skylis, Nicholas Parker, Jeffrey Ryder	1	6/60
PHED 1005	011/16261		Belgica Ramirez, Anne Skylis, Scott Alwin, Jeffrey Ryder	1	3/60
PHED 1005	012/16262		Belgica Ramirez, Anne Skylis, Michael Aufrechtig, Jeffrey Ryder	1	3/60
PHED 1005	013/16263		Belgica Ramirez, Anne Skylis, Michael Aufrechtig, Jeffrey Ryder	1	1/60
PHED 1005	014/16264		Katherine Desandis, Jeffrey Ryder, Anne Skylis, Belgica Ramirez	1	3/60
PHED 1005	016/16265		Belgica Ramirez, Anne Skylis, Gregory	1	13/150

**PHED UN3998 Independent Study. 1 point.**

Independent Study

**PHED GU4997 Independent Study. 1 point.**

Independent Study. Instructor approval required. 1-3 points.